Resources for Food Service
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REQUEST FORM FOR FRESH FRUITS & VEGETABLES
Alphabetical List of Fruits and Vegetables

A

Alfalfa Sprouts
Apple
Apricot
Artichoke
Asian Pear
Asparagus
Atemoya
Avocado

B

Bamboo Shoots
Banana
Beans
Bean Sprouts
Beets
Belgian Endive
Bitter Melon
Bell Peppers
Blackberries
Blueberries
Bok Choy
Boniato
Boysenberries
Broccoflower
Broccoli
Brussels Sprouts

C

Cabbage (green and red)
Cantaloupe
Carambola (star fruit or star apple)
Carrots
Casaba Melon
Cauliflower
Celery
Chayote
Cherimoya (Custard Apple)
Cherries
Collard Greens
Corn
Cranberries
Cucumber

D

Dates
Dried Plums (a.k.a. prunes)
Dried fruit is not an allowable on FFVP Claim

E

Eggplant
Endive
Escarole

F

Feijoa
Fennel
Figs (dry and fresh)

G

Garlic
Gooseberries
Grapefruit
Grapes
Green Beans
Green Onions
Greens (turnip, beet, collard, mustard)
Guava

H

Hominy
Honeydew Melon
Horned Melon

I

Iceberg Lettuce

J

Jerusalem Artichoke
Jicama

Nebraska Fresh Fruit and Vegetable Program
Interesting Facts About Fruits and Vegetables

Vegetables

**Sweet Gold, Green, or Red Bell Peppers**
The color of the pepper depends on the variety. Peppers have a mildly sweet, slightly spicy flavor. Sweet bell peppers are available year round. Most are grown in Florida and California. In some parts of the United States, people call these vegetables "Mangoes," confusing them with the sweet fruit grown mostly in Central America. Sweet bell peppers are excellent sources of vitamin C and also provide vitamin A and potassium.

**Broccoli**
Broccoli is an excellent source of vitamin C and a good source of vitamin A. It is a cruciferous vegetable, part of the cabbage family. Eating cruciferous vegetables may reduce the risk of colon cancer. Broccoli contains very little sodium and fat and no cholesterol. Look for broccoli with firm, compact clusters of small flower buds. The clusters should be dark green and may have a purple cast to them. Broccoli is crisp and crunchy and is very tasty cut up and served raw with a low-fat vegetable dip.

**Broccoflower**
It looks like cauliflower dyed neon green. Broccoflower is a cross between cauliflower and broccoli. Introduced in Holland, it is now grown in Salinas, California. Broccoflower taste much like cauliflower when it’s raw, but sweeter and less pungent. When cooked, the results taste more like broccoli. Broccoflower has more vitamin C than oranges. It’s also high in folic acid that is important to the maintenance of red blood cells that carry oxygen throughout the body. Broccoflower is also higher in vitamin A than either broccoli or cauliflower.

**Baby Carrots**
Baby carrots are produced year round. Most baby carrots are grown in California. Because of their tiny size, they are very tender, sweet, and fun to eat all by themselves as a snack. Baby carrots provide a lot of vitamin A. They are also good sources of fiber and potassium. No, baby carrots are not full sized carrots picked when they were babies! Producers have changed the seeds to make carrots stay tiny.

**Turnips**
Turnips are available year round. Among the states involved in production are California, Colorado, Indiana, New Jersey, Ohio, Oregon, Texas, and Washington. Some common varieties include Purple Top, White Glove, White Egg, Golden Ball, Amber, and Yellow Aberdeen. Turnips are a good source of vitamin C and potassium. They can be eaten either raw or cooked, and have a crunchy delicate flavor.

**Spinach**
Fresh leaf spinach is available throughout the year. Known as a food source since 647 A.D., the Chinese called spinach the “herb of Persia.” It was grown in America during the colonial period, probably traveling over on ships from England. The most nutritious way to serve spinach is raw in a salad, by itself, or with other mixed greens. Cooked spinach is often served as a side dish. Spinach is a rich source of iron, vitamin A, and vitamin C. Popeye knew to include this nutrient rich vegetable in his diet every day!

**Jicama**
Jicama, yam bean, Mexican potato, or Mexican turnip has been eaten in Central American for many centuries and is now common in U.S. stores. To eat Jicama, only the fibrous brownish peel must be removed. Jicama is often added raw to salads or prepared as strips, like carrots. In Mexico the ivory colored flesh is marinated with Mexico lime and then served topped with chili powder. A 3½ oz serving of Jicama provides 39 calories and about 25% of the RDA for vitamin C.
Celery
California provides most of the U.S. supply of celery year round. There are two distinct types classified by color: green or golden. Pascal celery is the green type most people see in the grocery store. This type of celery lacks stringiness and is known for its distinct flavor. Most people enjoy raw celery because of its crunchiness. It is also tasty filled with peanut butter, cream cheese, or cheese spread. Celery is a main ingredient in oriental stir-fry dishes and gives flavor to soups and stews. Celery is a good source of fiber, folic acid, potassium, and vitamin C. It is a very low-calorie snack.

Fruits

Red Bartlett Pears
Bartlett pears are known as the “summer pear.” They are plentiful in June and July. Pears are one of the few fruits that do not mature well if allowed to ripen on the tree. As a result, pears must be picked before they are ripe to ensure quality. This is the reason you will often find firm, unripened pears at the store. After the pear has ripened, you will have a juicy, flavorful, sweet, nutritious snack. Pears are a good low-calorie source of fiber, potassium, vitamin C, and carbohydrate. Their distinctive red color makes them an irresistible snack for the “sweet tooth.”

Kiwi Fruit
Kiwi fruit is a refreshing source of good nutrition. Ounce for ounce, kiwi fruit has more vitamin C than oranges, as much potassium as bananas, and four times as much fiber as celery. It contains no sodium, very little fat, and no cholesterol. Kiwi fruit is available year round. Like peaches, kiwi fruit is ripe when slightly soft to the touch. Choose fruit that is plump and unwrinkled. To ripen at home, place in a bowl with other fruit and leave at room temperature for a few days. For quick ripening, place kiwi fruit in a paper bag with apples or bananas. Kiwi can be eaten very simply right out of the hand or can complement any meal. Use as a beautiful garnish for salads or dessert plates, kiwis will also tenderize meats.

Pineapple
Although most people think pineapple only grows in Hawaii, it also comes from Honduras, Mexico, Philippines, Puerto Rico, and South Africa! Fresh pineapple is a delicious tropical fruit that would be a refreshing addition to any meal, especially during warm weather! Do not add fresh pineapple to gelatin dishes because it contains an enzyme, which destroys the gelatin’s ability to get firm. Pineapples do not get any sweeter after they are harvested. Because of this, the harvest timing must be just right for the best flavor. A ripe pineapple should be firm all over and have a fragrant smell. Pineapples provide some vitamin C, and are good sources of fiber and potassium.

Tangelo (Ugli) Fruit
Native to Jamaica, Ugli fruit is a citrus fruit that is thought to be a mandarin-orange hybrid or tangerine-grapefruit hybrid. On its own, Ugli fruit has orange or pink flesh that is sweeter than grapefruit. It wears the most wrinkled skin of all citrus varieties, making it easy to peel. It is generally available October through February. Nutritional value is comparable to that of other citrus fruits.

Granny Smith Apples
Washington is the top producer of apples in America. Introduced in the U.S. in 1958, the Granny Smith has been a favorite ever since. The “Granny” has a famous bright to light green color and tart flavor. It is exceptionally tart and crispy. Grannies often have a light pink blush. They are excellent for salads and for eating right out of hand. Apples need refrigeration to maintain crispness and flavor. Avoid fruit with too many bruises. Apples are high in fiber and a good source of vitamins A and C and potassium. One average-sized apple contains 80 calories and no sodium.
Cantaloupe
Cantaloupe has been around since ancient Roman times about 2400 B. C. Brought to the New World on one of Columbus’ voyages in seed form, he later reported seeing it cultivated by the Indians. Also known as the Musk Melon because of its sweet smell, it has been a favorite all over the world. Cantaloupe is grown mainly in California, Texas, and Arizona and is available year round. They must mature on the vine, as they will not ripen once picked. To choose mature melons, look for one that is well netted or webbed, with a yellow background and a pleasing aroma. If any of the stem is showing, that means the melon was picked pre-maturely and will probably not taste as sweet as one allowed to ripen on the vine. It is hard to believe, but the great taste of a juicy sweet cantaloupe comes with a very small caloric price: 50 calories per 6-oz slice! Half a cantaloupe will meet your daily requirement for vitamins A and C, as well as valuable minerals such as folic acid and potassium. Cantaloupe has no fat or cholesterol and provides fiber in the diet.

Honeydew Melon
Honeydew is actually a member of the cantaloupe family. It is characterized by a smooth, creamy colored outside skin (no netting) and a beautiful pale green flesh inside. Honeydew is one of the few melons of this type that can continue to ripen once picked. Honeydew likes to be cool but not chilled. At temperatures below 40°F, brown spotting may occur. Honeydew is an excellent source of vitamin C. It also contains potassium and fiber. It is low in calories and contains no fat or cholesterol.

Red Grapes
Table grapes have been around since 4000 B. C. Franciscan missionaries introduced table grapes to California in the late 1700s. They may have been introduced to Mexico as early as 1500 by the Spanish conquistadors. Of all the grape varieties available, red grapes are probably the least well known. Purchased as an impulse item, green grapes top the consumer’s choice list. Grapes need to be picked at just the moment of ripeness because they do not sweeten after picking. Red grapes may be sweet or have a hint of tartness. Grapes are low calorie, provide vitamin C and potassium, and are low in sodium. They are great snacks, go well in the lunch box, or complement cheese platters.

Pomegranate
The Chinese Apple is another name for the pomegranate. The skin is red and smooth with a juicy spongy-soft, white membrane that encloses clusters of edible crimson, jewel-like seeds. The pomegranate has a sweet, aromatic flavor, and sometimes weighs up to one pound! In some cultures, the pomegranate is a symbol of fertility. Some herbalists to treat inflammations such as sore throats and rheumatism use it medicinally. The pomegranate can be stored at 32°F (for up to four months). Pomegranates contain vitamin C and fiber and are low in sodium and rich in potassium. This is a very unusual fruit that children particularly enjoy trying.

Strawberries
Strawberries are the favorite berries of the U. S. Most strawberries come from the United States, but there are also varieties from Mexico, New Zealand, and Canada. Store only briefly as they are seldom good beyond five days, and the temperature must be held below 40°F. However, if the temperature is too cold, they will lose both color and flavor. Quality berries are characterized by bright red color, with very little green or white visible. Caps should be in place. Look for clean berries with no sign of moisture or mold. Strawberries are low calorie and a good source of vitamin C and fiber.
## Nutrients in Fruits and Vegetables

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Function in the Body</th>
<th>Fruit and Vegetable Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>Essential for vision, skin and the immune system. Promotes growth. Protects against some types of cancer.</td>
<td>Cantaloupe, apricots, dark green and deep yellow vegetables such as pumpkin, carrots, sweet potatoes, spinach, greens and bell peppers.</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>Strengthens blood vessels, improves wound and bone healing, increases the resistance to infections and increases the absorption of iron – another important nutrient for growth.</td>
<td>Cantaloupe, honeydew melon, peaches, oranges, strawberries, kiwi fruit, asparagus, sweet potatoes, bell peppers, broccoli, Brussels sprouts.</td>
</tr>
<tr>
<td>Antioxidants and Phytonutrients</td>
<td>Antioxidants are vitamins, minerals and other substances that fight free radicals, which play a role in the progression of cancer and heart disease. Phytonutrients are the color pigments in the fruits and vegetables that either act as antioxidants or enhance the antioxidant benefits.</td>
<td>Fruits and vegetables bursting with color such as berries, tomatoes, and dark green and deep yellow vegetables.</td>
</tr>
<tr>
<td>Fiber</td>
<td>Important to maintain digestive health, as well as reduce blood cholesterol.</td>
<td>Raspberries, peas, blackberries, Brussels sprouts, parsnips, raisins, broccoli, black beans.</td>
</tr>
<tr>
<td>Folate</td>
<td>Important for normal cell division, wound healing and prevention of birth defects.</td>
<td>Orange juice, dried peas and beans, green leafy vegetables such as mustard and turnip greens, collards and spinach.</td>
</tr>
<tr>
<td>Calcium</td>
<td>Important for strong bones, blood clotting, muscle contraction and nerve function.</td>
<td>Rhubarb, okra and green leafy vegetables such as mustard and turnip greens, collards, kale and spinach.</td>
</tr>
</tbody>
</table>

### Good Fresh Fruit and Vegetable Sources of Vitamin A, Vitamin C, Iron and Calcium

#### Good Vitamin A Sources
- Apricots
- Cantaloupes
- Carrots
- Collard greens
- Hot chili peppers
- Leaf lettuce
- Romaine lettuce
- Mangos
- Nectarines
- Peaches
- Spinach
- Sweet Potatoes

#### Good Vitamin C Sources
- Broccoli
- Cabbage
- Cantaloupes
- Cauliflower
- Grapefruit
- Green peppers
- Brussels sprouts
- Kiwi fruit
- Oranges
- Papayas
- Strawberries
- Mustard greens

#### Good Iron Sources
- Spinach

#### Good Calcium Sources (nondairy)
- Spinach, raw
- Mustard greens, boiled
- Collards, boiled
- Beet greens, boiled
- Figs, raw
- Papaya, raw
- Rhubarb, raw
- Wakame, raw
- Kelp, raw
- Turnip greens, raw
- Cabbage, Chinese (pak choi)
- French beans
- Natto
- Tempeh
- Chickory greens, raw

Combining good iron sources with high Vitamin C sources helps with iron absorption in the body.

Source: Fresh 2 U The Florida Way
## Fiber Rich Fresh Fruits and Vegetables

**Fruits**

<table>
<thead>
<tr>
<th>(2 grams or more)</th>
<th>Serving Size</th>
<th>Grams Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>apple, with skin</td>
<td>1 medium</td>
<td>3.5</td>
</tr>
<tr>
<td>apple, without skin</td>
<td>1 medium</td>
<td>2.7</td>
</tr>
<tr>
<td>apricot, fresh with skin</td>
<td>3 medium</td>
<td>2.0</td>
</tr>
<tr>
<td>banana</td>
<td>1 small</td>
<td>2.4</td>
</tr>
<tr>
<td>blueberries</td>
<td>½ cup</td>
<td>2.0</td>
</tr>
<tr>
<td>orange</td>
<td>1 medium</td>
<td>2.6</td>
</tr>
<tr>
<td>peach with skin</td>
<td>1 medium</td>
<td>2.0</td>
</tr>
<tr>
<td>pear with skin</td>
<td>1 small</td>
<td>3.1</td>
</tr>
<tr>
<td>pear without skin</td>
<td>1 small</td>
<td>2.5</td>
</tr>
<tr>
<td>strawberries</td>
<td>1 cup</td>
<td>3.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>(1-1.9 grams)</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>cantaloupe</td>
<td>¼ melon</td>
<td>1.0</td>
</tr>
<tr>
<td>cherries</td>
<td>10</td>
<td>1.2</td>
</tr>
<tr>
<td>peach, without skin</td>
<td>1 medium</td>
<td>1.2</td>
</tr>
</tbody>
</table>

**Vegetables (raw)**

<table>
<thead>
<tr>
<th>(1 – 1.9 grams)</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>broccoli</td>
<td>½ cup</td>
<td>1.7</td>
</tr>
<tr>
<td>cabbage, shredded</td>
<td>½ cup</td>
<td>1.5</td>
</tr>
<tr>
<td>carrots, shredded</td>
<td>½ cup</td>
<td>1.8</td>
</tr>
<tr>
<td>celery</td>
<td>½ cup</td>
<td>1.1</td>
</tr>
<tr>
<td>onions</td>
<td>½ cup</td>
<td>1.0</td>
</tr>
<tr>
<td>tomato</td>
<td>1 medium</td>
<td>1.5</td>
</tr>
<tr>
<td>spinach</td>
<td>1 cup</td>
<td>1.2</td>
</tr>
</tbody>
</table>
Ethnic and Cultural Food Practices

Materials in this section have been adapted from: Fresh 2 U – Florida School Food Service Guide. www.fresh-from-florida.org

At one time, kiwi and bean sprouts were considered unique foods; today, however, these foods and other ethnic and cultural food are typical foods found in kitchens across America. The following pages contain information on a variety of traditional food favorites.

Traditional Southern Favorites

The eleven states that traditionally are considered to make up the South include: Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North and South Carolina, Tennessee, Texas, and Virginia.

Traditional Southern Fresh Fruits and Vegetables

Sweet Potato  Watermelon  Collard greens  Honeydew
Peaches  Mustard greens  Apples  Beets
Pokeweed  Huckleberries  Okra  Squash
Cantaloupe  String Beans  Mayhaw  Cabbage
Turnip roots  Plums  Spinach  Broccoli
Kale  Oranges  Turnip Greens  Peas
Oranges  Key Limes

Cajun and Creole Traditional Favorites

Although southern Louisiana has a higher Cajun and Creole population, many have relocated into regions of northern Florida bringing with them many regional favorites.

Traditional Cajun and Creole Foods

Peas, crowder  Muscadines [scuppernongs]
Pumpkin  Dewberries/Blackberries
Cushaw squash  Satsuma/Mandarin
Mirliton/Chayote  Kumquats
Potatoes  Passion fruit

Pacific Islands

People of the Pacific Islands are from the 10,000 islands of Oceania. Polynesia, Micronesia, and Melanesia are the three areas that make up the Pacific region. Polynesia includes the major island and island groups of Hawaii, American Samoa, Western Samoa, Tonga, Easter Island, and Tahiti, and the Society Islands. The small islands of Micronesia include Guam, Kiribati, Nauru, the Marshall and Northern Mariana Islands, Palau, and the Federated States of Micronesia. Melanesia includes the nations of Fiji, Papua, New Guinea, Vanuatu, the Solomon Islands, and the French dependency of New Caledonia.

Traditional Pacific Island Foods

Melons  Sword beans  Papayas  Cabbage  Bananas  Breadfruit
Lentils  Passion fruit  Pigeon peas  Greens  Cassava  Coconuts
Pigeon peas  Vi [ambrella]  Cauliflower  Yams  Pineapples  Seaweed
Bitter melon  Carrots  Soybeans  Guavas  Sweet potatoes  Litchis
Jackfruit  

Nebraska Fresh Fruit and Vegetable Program
Many different eating habits are prominent in this region due to the different religious practices found among the people. Vegetarianism is practiced with lacto-vegetarian, lacto-ovo-vegetarian, and vegan diets the most commonly followed forms. As vegetarianism is the preferred form of eating, even non-vegetarians eat vegetarian meals on special or religious holidays.

**Traditional Indian and Pakistani Foods**

- Cucumber
- Karela
- Okra
- Mung bean sprouts
- Chenna [chickpeas]
- Mattar [green peas]
- Mango

- Guava
- Coconut
- Tamarind [fruit from the Tamarind tree]
- Brinjal [eggplant]
- Karela

**China, Japan, and Korea**

Chinese, Japanese, and Korean foods found in American restaurants do not always reflect traditional foods found in China, Japan, and Korea. Traditional diets are abundant in complex carbohydrates and include a wide variety of meat, poultry, seafood, fruits, and vegetables. Almost 80 percent of the calories consumed are from grains, legumes, and vegetables; the remaining 20 percent comes from animal proteins, fruits, and fats.

**Traditional Chinese, Japanese, and Korean Foods**

- Amaranth
- Bananas
- Bamboo shoots
- Dates
- Broccoli
- Grapes
- Cauliflower
- Lime
- Chinese Long beans
- Chinese mustard
- Oranges
- Eggplant
- Peaches
- Ginger root
- Plums
- Leeks
- Tangerines
- Lotus root and stems
- Mushrooms
- Peas
- Seaweed
- Taro
- Water chestnuts
- Winter melon
- Apples
- Asparagus
- Bananas
- Bamboo shoots
- Custard apples
- Banana squash
- Coconut
- Bean sprouts
- Dates
- Bitter melon
- Dragon eyes [longan]
- Dates
- Figs
- Burdock root
- Cabbage [bok choy
- Cassava [tapioca]
- Kumquats
- and napa]
- Lily seed
- Celery
- Lime
- Cabbages[ bok choy
- Litchi
- and napa]
- Bitter melon
- Dragon eyes [longan]
- Green peppers
- Lime
- Cassava [tapioca]
- Pomegranates
- Broccoli
- Lily seed
- Legumes
- Figs
- Burdock root
- Cabbage[ bok choy
- Litchi
- and napa]
- Asparagus
- Custard apples
- Bean sprouts
- Dragon eyes [longan]
- Burdock root
- Kumquats
- Celery
- Litchi
- Mango
- Chrysanthemum greens
- Papaya
- Flat beans
- Persimmons
- Green peppers
- Pomegranates
- Legumes
- Pear apples
- Luffa
- Onions
- Pumpkin
- Spinach
- Turnips
- Wax beans
Mexico

The unique blend of native and European foods prepared with Indian (mostly Aztec) and Spanish cooking techniques are the resulting cuisine of traditional Mexican food.

Traditional Mexican Foods

<table>
<thead>
<tr>
<th>Plantains</th>
<th>Avocados</th>
<th>Carambola</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zapote</td>
<td>Cherimoya</td>
<td>Corn</td>
</tr>
<tr>
<td>Tuna [cactus fruit]</td>
<td>Cactus</td>
<td>Granadilla [passion fruit]</td>
</tr>
<tr>
<td>Coconut</td>
<td>Guanabana</td>
<td>Jicama</td>
</tr>
<tr>
<td>Chiles</td>
<td>Onions</td>
<td>Lemons</td>
</tr>
<tr>
<td>Guava</td>
<td>Limes</td>
<td>Potatoes</td>
</tr>
<tr>
<td>Peas</td>
<td>Squash blossoms</td>
<td>Melon</td>
</tr>
<tr>
<td>Mamey</td>
<td>Oranges</td>
<td>Tomatoes</td>
</tr>
<tr>
<td>Tomatillos</td>
<td>Yuca [cassava]</td>
<td>Pineapple</td>
</tr>
<tr>
<td>Papaya</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Southeast Asia

Southeast Asia includes the Philippines, Vietnam, Cambodia, and Laos. Spanish expansionism in the Philippines and the French occupation in Vietnam have led to the development of a diverse cuisine. Regions use many of the same ingredients with varying meal preparation techniques.

Traditional Southeast Asian Foods

<table>
<thead>
<tr>
<th>Citrus fruits</th>
<th>Apples</th>
<th>Corn</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocados</td>
<td>Amaranth</td>
<td>Banana blossoms</td>
</tr>
<tr>
<td>Bamboo shoots</td>
<td>Bananas</td>
<td>Bean sprouts</td>
</tr>
<tr>
<td>Calamansi [lime]</td>
<td>Beets</td>
<td>Coconut</td>
</tr>
<tr>
<td>Bitter melon</td>
<td>Durian</td>
<td>Mushrooms</td>
</tr>
<tr>
<td>Grapes</td>
<td>Cabbage</td>
<td>Guava</td>
</tr>
<tr>
<td>Carrots</td>
<td>Jackfruit</td>
<td>Cashew nut leaves</td>
</tr>
<tr>
<td>Java plum</td>
<td>Cassava</td>
<td>Litchi</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Mangoes</td>
<td>Celery</td>
</tr>
<tr>
<td>Melons</td>
<td>Eggplant</td>
<td>Papaya</td>
</tr>
<tr>
<td>Endive</td>
<td>Pears</td>
<td>Green beans</td>
</tr>
<tr>
<td>Persimmons</td>
<td>Green papaya</td>
<td>Pineapples</td>
</tr>
<tr>
<td>Hyacinth beans</td>
<td>Plums</td>
<td>Hearts of palm</td>
</tr>
<tr>
<td>Pomegranates</td>
<td>Kamin</td>
<td>Pomelo</td>
</tr>
<tr>
<td>Leaf fern</td>
<td>Rambutan</td>
<td>Leeks</td>
</tr>
<tr>
<td>Rhubarb</td>
<td>Lettuce</td>
<td>Star fruit</td>
</tr>
<tr>
<td>Long green beans</td>
<td>Strawberries</td>
<td></td>
</tr>
<tr>
<td>Tamarind</td>
<td>Watermelon</td>
<td></td>
</tr>
</tbody>
</table>

Nebraska Fresh Fruit and Vegetable Program
Cuba and Puerto Rico

Caribbean food habits are very similar, although each island has its specialties. The Indians, the Spanish, French, British, Dutch, Danes, Africans, Asian Indians, and Chinese have all had an impact on the cuisine.

**Traditional Cuban and Puerto Rican Foods**

- Yuca
- Bananas
- Malanga [tanier]
- Guava
- Sweet potatoes
- Soursop
- Okra
- Mangoes
- Kidney beans
- Akee
- Broccoli
- Cocoplum
- Callaloo [malanga or taro leaves]
- Grapefruit
- Eggplant
- Mamey
- Palm hearts
- Sapodilla

- Avocados
- Plantains
- Coconuts
- Chayote
- Pineapples
- Chili peppers
- Breadfruit
- Black beans
- Acerola cherries
- Arracacha
- Citron
- Calabaza [green pumpkin]
- Gooseberries
- Granadilla [passion fruit]
- Cucumbers
- Lemons
- Malangas
- Raisins
- Spinach

- Manioc
- Cashew apples
- Chocho [christophene]
- Papayas
- Tomatoes
- Limes
- Taro
- Oranges
- Black-eyed peas
- Caimito [star fruit]
- Cabbage
- Custard apple
- Chiles
- Corn
- Kumquats
- Green beans
- Pomegranates
- Radishes
- Tamarind
# Fruit and Vegetable Websites

<table>
<thead>
<tr>
<th>Consumer Group</th>
<th>Web Site</th>
<th>Nutrition Education</th>
<th>Information Specifically for Schools</th>
<th>Recipes</th>
<th>Free Posters &amp; More</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Fruit and Vegetable Program</td>
<td><a href="http://www.fruitsandveggiesmatter.gov">www.fruitsandveggiesmatter.gov</a></td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Produce for Better Health</td>
<td><a href="http://www.fruitsandveggiesmorematters.org">www.fruitsandveggiesmorematters.org</a></td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>California Cling Peaches</td>
<td><a href="http://www.calclingpeach.com">www.calclingpeach.com</a></td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>California Kiwifruit</td>
<td><a href="http://www.kiwifruit.org">www.kiwifruit.org</a></td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>California Strawberry Commission</td>
<td><a href="http://www.calstrawberry.com">www.calstrawberry.com</a></td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>California Tomato Commission</td>
<td><a href="http://www.tomato.org">www.tomato.org</a></td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Cherry Marketing Institute</td>
<td><a href="http://www.cherrymkt.org">www.cherrymkt.org</a></td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
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</tr>
<tr>
<td>Idaho Potato Commission</td>
<td><a href="http://www.idahopotato.com">www.idahopotato.com</a></td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
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</tr>
<tr>
<td>Michigan Apple Committee</td>
<td><a href="http://www.michiganapples.com">www.michiganapples.com</a></td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>North American Blueberry Council</td>
<td><a href="http://www.blueberry.org">www.blueberry.org</a></td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Publication</th>
<th>Web Site</th>
</tr>
</thead>
</table>
Handling and Storage of Fresh Fruits and Vegetables

Produce is alive and breathing. At the time produce is harvested, the life of the product starts to decline. In a perfect produce world, one would need to have many storage areas with different storage temperatures to receive the maximum shelf life and quality desired. This would be quite a challenge as storage space and temperatures are limited in most school cafeterias. However, there are variables that can be controlled that will enable food service staff to preserve the quality of produce and are also essential to optimizing produce quality, safety and yields. Key variables to maximize produce life include temperature, rotation, and storage practices.

Temperature

• Single most important factor in maintaining and maximizing life and quality of produce.
• Storing at incorrect temperatures is the primary cause for produce loss.
• For every ten degrees above ideal storage temperature, a produce item will lose up to half its life expectancy, especially for items served uncooked.
• Store produce immediately upon delivery.
• Coolers should be set at 38° - 40° F or cooler to hold most produce for seven days.

Rotation

• Proper rotation practices must be followed in order to keep produce fresh and prevent waste.
• Date all produce the day it is received.
• Practice FI/FO by placing new product under or behind the older product to ensure that the oldest produce is used first.

Storage

• Temperatures fluctuate during the day as the door is opened and closed.
• Temperature in the front of the cooler will be warmer than in the middle and back.
• Temperatures should be checked and recorded daily to ensure optimal product life and efficiency of cooler.
**Fresh Fruit and Vegetable Ripening Guide**

### Ripening Guide

Some fresh fruits continue to ripen after they have been harvested while others do not. Whether or not a fruit continues to ripen is a key factor in determining its storage and shelf life. Fruits that require additional ripening should be stored at room temperature until they become ripe. Fruits that do not ripen after harvesting should be stored in a cool area until they are used.

<table>
<thead>
<tr>
<th>Fruits that ripen after harvest</th>
<th>Fruits that don’t ripen after harvest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apricots</td>
<td>Apples</td>
</tr>
<tr>
<td>Avocados</td>
<td>Berries</td>
</tr>
<tr>
<td>Bananas</td>
<td>Cherries</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>Grapefruit</td>
</tr>
<tr>
<td>Carambola</td>
<td>Grapes</td>
</tr>
<tr>
<td>Honeydew</td>
<td>Lemons</td>
</tr>
<tr>
<td>Kiwifruit</td>
<td>Limes</td>
</tr>
<tr>
<td>Nectarines</td>
<td>Mandarins</td>
</tr>
<tr>
<td>Papaya</td>
<td>Oranges</td>
</tr>
<tr>
<td>Peaches</td>
<td>Pineapple</td>
</tr>
<tr>
<td>Pears</td>
<td>Strawberries</td>
</tr>
<tr>
<td>Plantains</td>
<td>Watermelons</td>
</tr>
<tr>
<td>Plums</td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td></td>
</tr>
</tbody>
</table>

### Ethylene Gas: Benefits and effects of harmful exposure

Fruit can be ripened quickly by introducing ethylene gas into a controlled environment. For example, it is often used to ripen bananas, tomatoes, and avocados. Certain fruits can be placed in a closed bag and the fruit’s natural ethylene can speed the softening process.

While ethylene is great for ripening some fruits, the gas can cause premature decay of other fruits and vegetables that are sensitive to it. To avoid deterioration or rapid ripening of sensitive commodities, avoid holding them in the same storage room or refrigerator compartment with products that emit a great deal of ethylene gas. Diseased or injured fruits generate substantially increased levels of ethylene, so remove injured produce right away. If only one cooler is available, keep lids on storage boxes, store sensitive commodities as far away as possible from ethylene producers, and rotate product properly. If produce inventory turns quickly, ethylene should not cause quality problems.
## Fruits that produce large amounts of ethylene

- Apples
- Apricots
- Avocados
- Cantaloupe
- Honeydew
- Kiwifruit (ripe)
- Mangos
- Papayas
- Peaches
- Pears
- Plums

## Fruits/Veggies that are sensitive to ethylene

- Bananas
- Beans
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Cucumbers
- Eggplant
- Greens
- Kiwifruit (unripe)
- Lettuce
- Nectarines
- Okra
- Peas
- Peppers
- Spinach
- Summer Squash
- Sweet Potatoes
- Watermelon

### Ideal Storage temperatures for fresh fruits and Vegetables

#### 32º to 40º F

<table>
<thead>
<tr>
<th>Fruits/Veggies</th>
<th>Fruits/Veggies</th>
<th>Fruits/Veggies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Corn</td>
<td>Parsley</td>
</tr>
<tr>
<td>Apricots</td>
<td>Cranberries</td>
<td>Parsnips</td>
</tr>
<tr>
<td>Artichokes</td>
<td>Garlic</td>
<td>Peaches</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Grapes</td>
<td>Pears (Fresh-Cut)</td>
</tr>
<tr>
<td>Beets</td>
<td>Greens</td>
<td>Pineapple (Fresh-Cut)</td>
</tr>
<tr>
<td>Berries</td>
<td>Green Onions</td>
<td>Plums</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Herbs (except basil &amp; oregano)</td>
<td>Radishes</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>Iceberg Lettuce</td>
<td>Rhubarb</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Kale</td>
<td>Rutabagas</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>Kiwifruit</td>
<td>Spinach</td>
</tr>
<tr>
<td>Carambola</td>
<td>All Leaf Lettuce</td>
<td>Sprouts</td>
</tr>
<tr>
<td>Carrots</td>
<td>Mushrooms</td>
<td>Strawberries</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Nectarines</td>
<td>Turnips</td>
</tr>
<tr>
<td>Celery</td>
<td>Onions</td>
<td>Watercress</td>
</tr>
<tr>
<td>Cherries</td>
<td>Oranges (Florida &amp; Texas)</td>
<td></td>
</tr>
<tr>
<td>Coconuts</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### 40º to 50º F

<table>
<thead>
<tr>
<th>Fruits/Veggies</th>
<th>Fruits/Veggies</th>
<th>Fruits/Veggies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocados (Ripe)</td>
<td>Jicama</td>
<td>Papaya</td>
</tr>
<tr>
<td>Basil (Fresh)</td>
<td>Lemons</td>
<td>Peppers</td>
</tr>
<tr>
<td>Beans</td>
<td>Mandarin</td>
<td>Pineapples</td>
</tr>
<tr>
<td>Cucumbers</td>
<td>Melons</td>
<td>Potatoes</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Okra</td>
<td>Squash (Summer)</td>
</tr>
<tr>
<td>Ginger Root</td>
<td>Oranges (California)</td>
<td>Tomatoes (Ripe)*</td>
</tr>
<tr>
<td>Honeydews</td>
<td>Oregano (Fresh)</td>
<td></td>
</tr>
</tbody>
</table>

*Will lose flavor at this temperature during prolonged storage

### Leave Out of Cold Room

<table>
<thead>
<tr>
<th>Fruits/Veggies</th>
<th>Fruits/Veggies</th>
<th>Fruits/Veggies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocados (Unripe)</td>
<td>Mangos</td>
<td>Squash (Winter)</td>
</tr>
<tr>
<td>Bananas</td>
<td>Pears (Unripe)</td>
<td>Sweet Potatoes</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>Plantains</td>
<td>Tomatoes (Green)</td>
</tr>
<tr>
<td>Limes</td>
<td>Pumpkins</td>
<td>Watermelons (Whole)</td>
</tr>
<tr>
<td></td>
<td>Shallots</td>
<td></td>
</tr>
</tbody>
</table>
Storage Hints to Prolong Life of Fresh Fruits and Vegetables

Temperature fluctuates from front to back of the cooler due to the location of the cooling unit and frequency of the door being opened. Items stored in the front of the cooler have a longer shelf life and can handle the fluctuating temperatures. The middle section of the cooler is for items that are less hardy with a more delicate peel or skin. Items in this area including broccoli, green unions and parsley may be sprinkled with crush ice. The slowly melting ice will replace moisture loss and help prevent wilting thus prolonging their shelf life. The back of the cooler is the coolest area and best suited for the ripest or most perishable items. Sprinkling crushed ice on greens such as collards, kale and mustard can also help lengthen the life of these products. Consider dividing the cooler into three areas and store produce as noted below:

<table>
<thead>
<tr>
<th>FRONT</th>
<th>MIDDLE</th>
<th>BACK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Artichokes</td>
<td>Alfalfa Sprouts*</td>
</tr>
<tr>
<td>Basil</td>
<td>Asparagus</td>
<td>Apricots</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Beets</td>
<td>Bean Sprouts*</td>
</tr>
<tr>
<td>Cantaloupes</td>
<td>Broccoli</td>
<td>Berries</td>
</tr>
<tr>
<td>Citrus</td>
<td>Cauliflower</td>
<td>Carrots</td>
</tr>
<tr>
<td>Carambola</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cucumbers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggplant</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Garlic</td>
<td>Cherries</td>
<td>Corn</td>
</tr>
<tr>
<td>Honeydews</td>
<td>Coconuts</td>
<td>Fresh-Cut Salad</td>
</tr>
<tr>
<td>Jicama</td>
<td>Grapes</td>
<td>Greens</td>
</tr>
<tr>
<td>Limes</td>
<td>Green Onions</td>
<td>Head Lettuce</td>
</tr>
<tr>
<td>Okra</td>
<td>Kiwifruit</td>
<td>Herbs</td>
</tr>
<tr>
<td>Onions</td>
<td></td>
<td>Kale</td>
</tr>
<tr>
<td>Papayas</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pears</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peppers</td>
<td>Mushrooms*</td>
<td>Leaf Lettuce</td>
</tr>
<tr>
<td>Pineapples</td>
<td>Parsley</td>
<td>Parsnips</td>
</tr>
<tr>
<td>Plums</td>
<td>Peas</td>
<td>Ripe Nectarines</td>
</tr>
<tr>
<td>Radishes</td>
<td>Turnips</td>
<td>Ripe Peaches</td>
</tr>
<tr>
<td>Rhubarb</td>
<td>Watercress</td>
<td>Spinach</td>
</tr>
<tr>
<td>Ripe Tomatoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zucchini</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Store as far away from light as possible usually on lower shelf

Please note there are always exceptions to the rules. Tomatoes should not be stored in the cooler. They should be received in a firm state and stored at room temperature to ripen. However, once they have reached maximum ripeness, they should be stored in the front of the cooler to slow further ripening until used. In addition, potatoes should also be stored out of the cooler. Ideally, potatoes – white potatoes and sweet potatoes should be stored at 45º - 50º F. Potatoes stored at or below 40º F will convert starches into sugar causing the potato to darken when cooked. Also, protect potatoes from direct light for this will cause them to turn green and cause a bitter taste.

Food Service personnel have decisions to make regarding every produce delivery. Practicing good habits such as checking all produce upon arrival and immediately placing product in the appropriate storage area will help preserve the quality of the product for when utilized.
# Storage Information for Value Added Produce

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Fresh For:</th>
</tr>
</thead>
<tbody>
<tr>
<td>70º F (21º C)</td>
<td>4 hours</td>
</tr>
<tr>
<td>60º F (16º C)</td>
<td>1 day</td>
</tr>
<tr>
<td>50º F (10º C)</td>
<td>4 days</td>
</tr>
<tr>
<td>45º F (7º C)</td>
<td>9 days</td>
</tr>
<tr>
<td>40º F (4º C)</td>
<td>14 days</td>
</tr>
<tr>
<td>35º F (2º C)</td>
<td>17 days</td>
</tr>
</tbody>
</table>
Purchasing and Receiving

Purchase food from known safe sources (reputable suppliers) and maintain its safety from time of receiving through service.

When fresh produce is received, follow supplier recommendations, if provided, regarding handling, storage temperatures, "use by" dates and other recommendations for the produce.

Avoid receiving or using damaged and partially decayed produce.

Maintain purchasing records of fresh produce.

Storage

Store raw produce so that it does not contaminate other foods with soil, etc.

Store any fresh produce, whole or cut, where other products – especially raw meat and poultry – cannot cross-contaminate it.

Segregate fresh produce from other refrigerated foods in refrigeration units by using a separate set of storage racks or separate cooler, if possible.

Cover and store washed cut produce above unwashed, uncut fresh produce.

Store all produce off the floor. Remember keep all foods 6” off the floor.

The Nebraska Food Code requires that melons and tomatoes, that are cut in any way, be held at 41°F or below. To maintain quality of other cut, peeled or prepared fresh fruits and vegetables, refrigerate at 41°F or below or hold on a salad bar at 41°F or below.

Food Handler

Wash hands thoroughly with soap and warm running water before and after handling fresh produce.

Avoid bare hand contact when preparing and serving fresh produce – use gloves, tongs, deli tissue or other appropriate utensils.
Make sure that food employees are reporting illness and are not working while sick.

Preparation

Wash, rinse and sanitize all sinks, utensils, cutting boards, slicers and food preparation surfaces before use with fresh produce. If possible, designate specific cutting boards and utensils for use with fresh produce.

Remove outer leaves, stems and hulls from produce like cabbage, head lettuce, berries and tomatoes.

Always wash fresh produce under running, potable water before use.

Do not use soap or detergent for washing produce as these products are not food grade. Produce washes that are designated for use with produce can be used but are not necessary for produce safety.

Rinse fresh fruits and vegetables under running tap water. Scrub firm fruits and vegetables like potatoes and carrots with a vegetable brush under running tap water.

Soaking produce or storing produce in standing water or ice is not recommended for most types of fresh produce.

Commercial, "fresh-cut" carrots, salad greens and other produce have already been washed before processing and should be considered ready-to-eat with no further need for washing unless the label says otherwise.

Refrigerate foods prepared with fresh produce ingredients at 41°F or below.

Label and date all foods prepared with fresh produce ingredients. If not used within 7 days, discard prepared fresh produce.

Freshly prepared juice on site requires a HACCP plan.

Service

On self-serve and salad bars, use small batches of fresh produce and monitor self-service units.

Fresh produce should not be held directly on ice.

Provide appropriate utensils for self-service of fresh produce.

Do not re-serve freshly prepared dishes containing any raw produce, including dishes made with raw tomatoes, cilantro and hot peppers such as salsa and guacamole.

Throw away fresh fruits and vegetables that have not been refrigerated (41°F or below) within 4 hours of cutting, peeling or preparation.
Cutting Vegetables

1. **Julienne**
   - Peel vegetables and trim ends.
   - Slice vegetable into slices.
   - Stack the slices and cut into lengthwise 1/4-inch strips.

2. **Mince**
   - Roughly chop vegetable on cutting board with a large knife.
   - Continue to chop until vegetables are very finely chopped.

3. **Dice**
   - Slice vegetable into slices.
   - Stack slices and slice into 1/4-inch vertical slices.
   - Hold slices tightly with hand and cut crosswise into 1/4-inch intervals.

4. **Cube**
   - Slice vegetables into slices.
   - Stack slices and slice into 1/2-inch vertical slices.
   - Hold slices tightly with hand and cut pieces into 1-inch pieces.

5. **Slice**
   - Peel vegetables and trim ends.
   - Slice vegetable on the diagonal at 1/2-inch intervals.

*Source: www.russianfoods.com/russian-cooking/article0000A/default.asp*
# Flavor Intensity of Vegetables

The strength or intensity of the flavor of certain vegetables is due to their sulphur content.

<table>
<thead>
<tr>
<th>Mild Flavored Vegetables</th>
<th>Stronger Flavored Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Leaf Vegetables:</strong></td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td>Curly kale</td>
</tr>
<tr>
<td>Swiss or red chard</td>
<td>Mustard greens</td>
</tr>
<tr>
<td>Beet greens</td>
<td>Cabbage</td>
</tr>
<tr>
<td>Lettuce</td>
<td>Brussels sprouts</td>
</tr>
<tr>
<td><strong>Seed Vegetables:</strong></td>
<td></td>
</tr>
<tr>
<td>Corn</td>
<td></td>
</tr>
<tr>
<td>Peas</td>
<td></td>
</tr>
<tr>
<td>Black-eyed peas</td>
<td></td>
</tr>
<tr>
<td>Beans</td>
<td></td>
</tr>
<tr>
<td><strong>Fruit Vegetables:</strong></td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Green peppers</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Hot peppers</td>
</tr>
<tr>
<td>Summer squash</td>
<td></td>
</tr>
<tr>
<td>Winter squash</td>
<td></td>
</tr>
<tr>
<td><strong>Flower Vegetables:</strong></td>
<td></td>
</tr>
<tr>
<td>Artichokes</td>
<td>Cauliflower</td>
</tr>
<tr>
<td></td>
<td>Broccoli</td>
</tr>
<tr>
<td><strong>Stem Vegetables:</strong></td>
<td></td>
</tr>
<tr>
<td>Celery</td>
<td>Asparagus</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Root Crops:</strong></td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td>Turnips</td>
</tr>
<tr>
<td>Beets</td>
<td>Rutabagas</td>
</tr>
<tr>
<td>Sweet potatoes</td>
<td>Onions</td>
</tr>
<tr>
<td>Parsnips</td>
<td></td>
</tr>
</tbody>
</table>

Nebraska Fresh Fruit and Vegetable Program
**Garden Salad-to-Go**

2 cups lettuce  
4 tomato wedges (use ½ tomato)  
2 slices cucumber  
1 radish sliced  
2 small broccoli florets  
3-4 carrot sticks

1. Place lettuce pieces in a clear plastic-lidded 20-ounce container.  
2. Place tomato wedge in each of the four corners, diagonal with each corner.  
3. Place two cucumber slices overlapping in the center of the container.  
4. Arrange the radish slices on each side of the tomato wedges.  
5. Place the two broccoli florets on the left and right side of the container.  
6. Top with carrot sticks.

**Spinach Salad-to-Go**

2 cups spinach  
1 mushroom sliced  
2 cherry tomatoes

1. Place spinach pieces in a large clear plastic lidded container.  
2. Arrange mushroom slices on the spinach.  
3. Place a cherry tomato on each side of the container.
## Comparison of Ranch Dressings

Suggestions for Use of Salad Dressings:
- Encourage use of non-fat or low-fat dressings.
- Serve only dressings with 12 grams of fat or less per ounce or per serving. Less is better.
- Limit the amount served by pre-portioning, using packets, serving dressings to students, setting pumps on ½ oz per squirt, and/or serving salad dressings less often.

<table>
<thead>
<tr>
<th>Per 2 Tbsp Serving</th>
<th>Calories (gm)</th>
<th>Fat (gm)</th>
<th>Sat. Fat (gm)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrate (gm)</th>
<th>Protein (gm)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Regular, Bottled</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pocahontas Buttermilk Dressing</td>
<td>170</td>
<td>18</td>
<td>2.5</td>
<td>5</td>
<td>280</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Mrs. Clarks Ranch Dressing</td>
<td>130</td>
<td>14</td>
<td>4.0</td>
<td>15</td>
<td>110</td>
<td>2</td>
<td></td>
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<tr>
<td>Hidden Valley Ranch Original</td>
<td>140</td>
<td>14</td>
<td>1.5</td>
<td>10</td>
<td>260</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td><strong>Made From Mix</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hidden Valley Ranch from regular mix with mayonnaise</td>
<td>104</td>
<td>11</td>
<td>1.3</td>
<td>9</td>
<td>226</td>
<td>1</td>
<td>0.7</td>
</tr>
<tr>
<td>Hidden Valley Ranch from regular mix with Miracle Whip</td>
<td>75</td>
<td>7</td>
<td>1</td>
<td>5</td>
<td>238</td>
<td>3</td>
<td>0.5</td>
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<tr>
<td><strong>Bottled, Reduced Fat</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hellman’s’ Low fat Ranch Dressing</td>
<td>80</td>
<td>7</td>
<td>1</td>
<td>15</td>
<td>340</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td>Mrs. Clark’s Reduced Calorie Ranch Dressing</td>
<td>70</td>
<td>7</td>
<td>0.0</td>
<td>15</td>
<td>150</td>
<td>0.0</td>
<td>0.0</td>
</tr>
<tr>
<td>Kraft Light Done Right</td>
<td>70</td>
<td>4</td>
<td>0.5</td>
<td>10</td>
<td>350</td>
<td>6</td>
<td>0</td>
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<tr>
<td><strong>Made From Scratch</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>USDA Tool Kit Recipe</td>
<td>34</td>
<td>2.1</td>
<td>0.7</td>
<td>4</td>
<td>152</td>
<td>3</td>
<td>1</td>
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<tr>
<td><strong>Bottled, Non-Fat</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wishbone Fat Free Ranch</td>
<td>30</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>280</td>
<td>7</td>
<td>0</td>
</tr>
</tbody>
</table>
**Tips to Remember for Your Fruit Salads-To-Go**
Offering fresh fruits in an attractive and appetizing manner will encourage your customers to choose a nutritious selection to accompany their main entrée.

1. Use colored trays for fruit soufflé cups or a two-inch steam table pan in a refrigerated unit (single layer).
2. Do not stack trays; place only one tray at a time.
3. Use 4 oz. plastic soufflé cups with lids for canned fruits. Use 4 oz. unlidded plastic soufflé cups for fresh fruit.
4. Use a colored tray for bananas.
5. Keep cut apples or bananas from turning brown by dipping in a cup of lemon or lime juice or pineapple juice (drained) from canned pineapple.
6. For a colorful fruit alternative, place together a half apple and a half orange and serve in a soufflé cup. The orange prevents the apple from discoloring.
7. Don't use metal pans for serving fresh fruit.
8. Try serving fresh whole fruits in a wicker basket for an attractive serving alternative.

**Fruit Salad Bowl-to-Go**

4-5 1-inch chunks of cantaloupe
4-5 1-inch chunks of honeydew
4-5 1-inch chunks of watermelon
4-5 1-inch chunks of pineapple
1 strawberry with stem

**Tip to Remember for Fruit and Vegetable Cups**

1. Use 4 ounce clear plastic soufflé cups with lids to package individual fruit and vegetable servings.
2. When offering more than one serving choice for fruits and vegetables, keep like-colored items separated. Instead, line different colored items next to each other. [Place strawberries next to pears or place carrots next to celery.]

**Pre-packed Fruit Cups**
Pack fruit cups with single servings of fresh or canned fruit, or with fruit cup mixtures. Both choices provide customers with exciting and appetizing options to meet part of the entire ¾ cup fruit/vegetable component.

Try offering:
- Strawberries and blueberries
- Strawberries and bananas
- Cantaloupe and watermelons
- Cantaloupe and honeydew
- Apples and orange slices
- Apples with blueberries
- Cantaloupe, honeydew and Watermelon
- Papaya and mangos
- Grapes and watermelon
- Half a grapefruit with a cherry
- Peaches and bananas
- Cherries and bananas
- Blueberries and pears
- Apples and bananas
- Orange and apple slices
- Kiwi fruit and grapes

Nebraska Fresh Fruit and Vegetable Program
Pre-packed Vegetable Cups
Pack vegetable cups with single servings of fresh vegetables or vegetable mixtures. Both choices provide customers with exciting and appetizing options to meet part or the entire ¾ cup fruit/vegetable component.
Try offering
- Celery and carrot sticks
- Celery or Carrot sticks with ranch dip
- Lettuce and tomato mixture
- Broccoli with ranch dip
- Broccoli and cauliflower with ranch dip

Pre-packed Fruit and Vegetable Combinations
Pack fruit and vegetable combination cups with fresh fruit and vegetable mixtures. This choice provides customers with exciting and appetizing options to meet all or part of the ¾ cup fruit/vegetable component.
Try offering:
- Apples with celery sticks
- Raisins and celery sticks with peanut butter
- Grapes with carrot sticks
- Apples with carrot sticks
- Banana with carrot sticks
Fresh Fruits and Vegetables
Student Survey

1. List your favorite fresh fruits or vegetables:
   a. ____________________________
   b. ____________________________
   c. ____________________________
   d. ____________________________

2. Are there any fresh fruits and vegetables you do not like?
   _______________________________________________________________________
   _______________________________________________________________________

3. Are there any fresh fruits and vegetables you haven’t eaten, but would like to try?
   _______________________________________________________________________
   _______________________________________________________________________
   _______________________________________________________________________

Nebraska Fresh Fruit and Vegetable Program
# Taste Test Surveys

**Eat More Fruits and Vegetables Survey**

Grade Level _________________________ Food Item ________________________________

Have you eaten this food before?

___ YES  ___ NO  If yes, how often? ________________________________

Did you like this food?

___ YES  ___ NO  If no, why not? ________________________________

Would you eat this food if it were prepared another way?

___ YES  ___ NO

What particular vegetable or fruit would you like to see served at lunch? ____________________

---

*Source: Broward County, Florida – Printed in Fruits and Vegetables Galore: Helping Kids Eat More, Meal Appeal page 23*

*******************************************************************************

<table>
<thead>
<tr>
<th>Date</th>
<th>Evaluator: Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>School</td>
<td>Foodservice</td>
</tr>
<tr>
<td>Grade</td>
<td>Teacher</td>
</tr>
</tbody>
</table>

| Other |

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Very Good</th>
<th>OK</th>
<th>Not Good</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>![Smiley Face]</td>
<td>![Neutral]</td>
<td>![Sad Face]</td>
<td></td>
</tr>
</tbody>
</table>

---

Nebraska Fresh Fruit and Vegetable Program
# Request Form for Fresh Fruits and Vegetables

**Name of School:**

**Date:**

**Name of Person Requesting:**

**Email:**

**Who is Receiving the Fresh Fruits and Vegetables:**

**Phone Number to Contact You:**

**Date of Activity:**

**Time Needed:**

**Location of Activity:**

**Number of Students:**

**Indicate Pickup or Delivery** (Please Circle One)

<table>
<thead>
<tr>
<th>Fresh Fruit and Vegetable Needed:</th>
<th>List the Kind and Quantity</th>
</tr>
</thead>
</table>

**Special Instructions:**

**Other Supplies:**

Ex: Napkins, Plates, Plastic ware

**Brief Description of Activity:**

Return completed form to your School Food Service Manager.

---

*Please submit written request at least one week in advance of activity.*
Handout material adapted from the Child Nutrition & Wellness, Kansas State Department of Education 2004:

- *Fresh 2 U The Florida Way*. Florida Department of Agriculture and Consumer Services and Florida Department of Education.
- [http://www.dole5aday.com](http://www.dole5aday.com)
- [www.russianfoods.com/russian-cooking/article0000A/default.asp](http://www.russianfoods.com/russian-cooking/article0000A/default.asp)

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